

## Advanced Grounding

### Male Grounding

After creating a grounding cord, males imagine an extension from their prostate gland flowing into their grounding cord at the base of their spine. The connection can be about the diameter of a half-dollar to a silver dollar.

### Female Grounding

After creating a grounding cord, females imagine a stream of energy from your uterus and each ovary into the grounding cord. Then, (unique to females) imagine a stream of energy flowing from your sciatic nerve (one stream from each side of your hips) into your grounding cord. Lastly, imagine a stream of energy flowing from the female creative space (about 4 inches in front of your uterus) into your grounding cord.

